

# Transformational Health & Success... for Business Executives

Boosting Performance and Engagement: Designed for Business Executives, by Business Executives

This six-session coaching program takes you to your next level of health & success.  
Join us to help reach your true potential!



*"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it."*

- Ann Wigmore: *The Hippocrates Diet and Health Program*

Presented by Tish Conlin: Author, Registered Nutritionist, Black Belt in Shoot Wrestling and President of Global Consulting Group Inc.

## COURSE SESSION OUTLINES

### SESSION 1: PEAK PERFORMANCE ENERGY

- How nutrition & energy affect executive success
- Energy Audit & Energy Schedule: to optimize productivity
- Adopt energy food: boost & maintain energy all day
- Be Invincible! Improve immunity, organs, blood flow
- Weight Management: Diet plans, reduction, and recipes
- Executive Lesson: Plan your day - pace your energy
- 5 Energy-boosting tips for client negotiations
- Tougher challenges: fatigue, cravings, weight
- The book: Food Rules, An Eaters Manual (M. Pollan)
- Review: Executive Hand-outs, Your Q & A
- *Food, like your money, should be working for you!* (Rita D. Beckford)

### SESSION 2: MOVEMENT IS POWER

- Get confidence-boosting food into a regular diet
- Confidence killing moves that effect client relationships
- Structure your day to increase movement, improve leadership
- Executive Lesson: Is sitting the new smoking?
- Increased confidence: Lead more effectively, consistently
- 7 Tips: Boost motivation create better employee habits
- The book: 'Born to Run... Superathletes...' (McDougall)
- Review: Executive Hand-outs, Your Q & A
- *Take care of your body. It's the only place you have to live.* (Jim Rohn)

### SESSION 3: BE A STRESS MANAGEMENT GURU

- Foods that lower stress & support related organs
- Stressed Out !!! ...Foods to avoid
- Executive Lesson - Less stress → better staff & client relationships
- 6 Tips for overcoming anxiety and reducing stress everyday
- The book: 'Stress Management...' (Charlesworth, Nathan)
- Review: Executive Hand-outs, Your Q & A
- *Stress is the trash of modern life - we all generate it. Dispose of it properly or it piles up & overtakes your life.* (Terri Guillemets)

### SESSION 4: FOCUS - GETTING IN THE ZONE

- Foods that boost concentration, memory & intelligence
- Foods to avoid that contribute to foggy thinking
- Executive Lesson: Productivity and Success with better focus
- 5 Tips to achieve work goals & avoid distractions
- The book: 'Focus... the driver of excellence' (D. Goleman)
- Review: Executive Hand-outs, Your Q & A
- *Goals provide the energy source that powers our lives. One of the best ways we can get the most from the energy we have is to focus it. That is what goals can do for us; concentrate our energy.* (Denis Waitley)

### SESSION 5: MASTER COMMUNICATOR

- Foods that boost and regulate your mood
- Executive Lesson: Emotional Intelligence & Team Building
- Getting to Yes, with internal and external clients
- 7 Tips for overcoming internal resistance to change
- The Book: 'Emotional Intelligence/Sales Success' (Stanley)
- Review: Executive Hand-outs, Your Q & A
- *The way we communicate with others and with ourselves ultimately determines the quality of our lives* (Tony Robbins)

### SESSION 6: ATTRACTION MARKETING

- Foods to boost your charisma & regulate hormones
- Executive Lesson: Draw people to you... positively!
- 7 Tips for daily authenticity, engagement & passion
- The Book: '...Engaging the Magic' (M. Dooley)
- Review: Executive Hand-outs, Your Q & A
- *When we are ready to make positive changes in our lives, we attract whatever we need to help us.* (Louise Hay)



Contact us today!

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